



Fontbonne UNIVERSITY

WEEKLY MAILER

As the Thanksgiving holiday approaches, please consider the tips below from the CDC to help make the holiday safer for you and your family.

Additionally, we know that the holidays can bring on added pressure and stress, especially this year. Attached are some help tips to help you cope with stress during break.

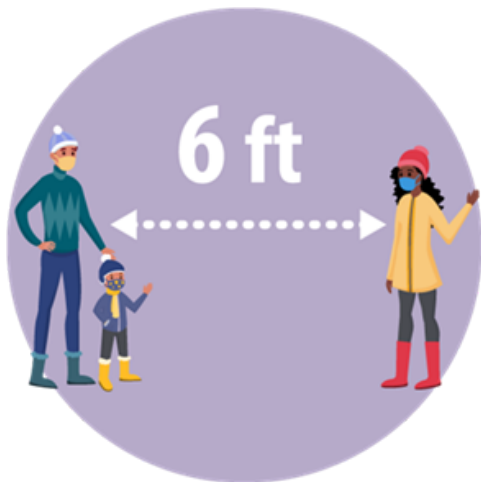
We wish a safe and healthy break and end of the fall semester.

Celebrating Thanksgiving: Everyone Can Make Thanksgiving Safer

*adapted from [cdc.gov](https://www.cdc.gov)

Wear a Mask

- Wear a mask with two or more layers to stop the spread of COVID-19.
- Wear the mask over your nose and mouth and secure it under your chin.
- Make sure the mask fits snugly against the sides of your face



Stay at least 6 feet away from those who do not live with you

- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Keeping 6 feet (about 2 arm lengths) from others is especially important for [people who are at higher risk of getting very sick.](#)

Wash Your Hands

- Wash hands often with soap and water for at least 20 seconds.
- Keep [hand sanitizer](#) with you and use it when you are unable to wash your hands.
- Use hand sanitizer with at least 60% alcohol.



Use Caution when Attending Gatherings

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely [store your mask](#) while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.



Considerations when Hosting Thanksgiving

- Have a small [outdoor meal](#) with family and friends who live in your community.
- Limit the number of guests and have conversations with guests ahead of time to set expectations
- [Clean and disinfect](#) frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows..
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.



Thanksgiving Travel

- Check travel restrictions before you go.
- Get your [flu shot](#) before you travel.
- Always wear a mask in public settings and on [public transportation](#).



- [Stay at least 6 feet apart](#) from anyone who is not in your household.
- Wash your hands often or use hand sanitizer.
- Bring extra supplies, such as masks and hand sanitizer.

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